MOTHER SEIGEL'S
BOOK OF PROVERBS

Household Words.

WHEN a phrase or a saying embodies some good advice it becomes more or less familiar to those who hear it, and at last passes into everyday use, and is soon fixed in the memory of thousands, perhaps millions, of people, and is so continued for ages. The name of the author of the saying may not be remembered, but the wit, the wisdom, the practical value and good sense of it, gives it the life that keeps it always before us.

Take the saying, "A stitch in time saves nine," or "It's a long lane that has no turning;" there is hardly a man or woman, in any land where the English language is spoken, who has not both heard and used them. Who among them knows the name of the author? They don't want to know it. But they use the sayings, and from such use they become "Household Words," maxims, adages, proverbs.

It is in just that way that all around the world people have become used to the name of a great medicine, called

"Mother Seigel's Syrup."

They don't know who Mother Seigel was, or by what firm the famous remedy is manufactured, or of what special materials it is made—but they know its name, and, what is still more to the point, they know that it has been beneficial to themselves, their families, and friends, and that in no single instance has it ever been known to do harm.

That is the exact truth regarding it after more than thirty years of general use in all climates, by people of all ages and conditions of health—men, women and children.

It has never been offered to the world as a "cure all" like so many of the so-called remedies with fancy and often ridiculous names. It is simply a compound of the extracts of certain roots, barks and leaves containing medicinal qualities, which act as a tonic to the stomach, liver, kidneys and bowels. When those organs, or any one of them, are not working well and naturally, the person cannot be in good health. The only thing we claim for Mother Seigel's Syrup is that it will put them in order; that it will assist, yes, that it will compel them to come back to their work and perform it properly.

There is no magic about it, only the putting together of medical skill and common sense in such a way that the product is effective and absolutely safe for use; that it is sold at a price within the reach of all, and while its name becomes "A Household Word," the medicine becomes in fact

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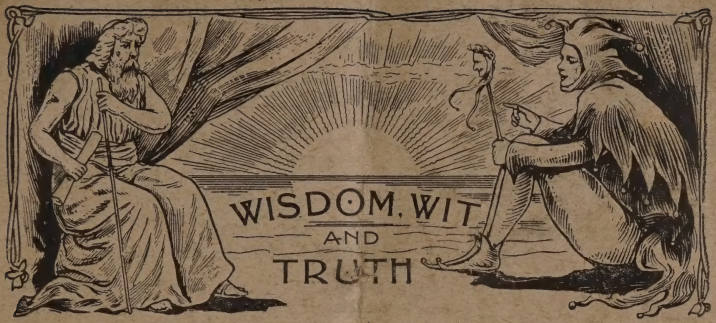


THE greatest thinkers of all ages have given proverbs, maxims, words of wisdom to mankind, and they are the refined opinions or judgments of these thinkers worked out from the red-hot crucible of experience and observation.

There are thousands of proverbs dealing with almost every human virtue and vice; with follies, pleasures, pains, and penalties; with hopes, aspirations, desires, fears and regrets.

The wisdom of a thousand years is as so much idle nonsense, unless you profit by its lessons.

MEN in all times have sought riches above all things, yet the fierce struggle for money was never, probably, so intense as it is to-day. Below you will find a few of the maxims which money, marriage, economy and other influences in life have inspired in different periods and in different lands:—

"Would you know the value of money, go borrow some."—*Oriental Saying.*

"If you have money you are wise; if not, you are a fool."—*Turkish Maxim.*

"Money is round, and rolls."—*French and Italian Adage.*

"The love of Money is the root of all evil."—*St. Paul.*"

"Money is the god of the world."—*Anonymous.*

"Money lent makes as many enemies as friends."—*Portuguese Proverb.*

"'Tis money that begets money."

"They who have money are troubled about it, and they who have none are troubled without it."—*Old English Rhyme.*

"Matrimony's a matter o' money."—*Anon.*

"A wise man changes his mind; a fool never."

"Idleness is the key of beggary."

"Knaves and fools divide the world."

"Adversity makes a man wise, not rich."

"Blushing is virtue's colour."

"Better be a beggar than a fool."

"Ask thy purse what thou shouldst buy."

"Agree, for law is costly."

"A wager is a fool's argument."

"The weeping bride makes a laughing wife."

"The wedding should last through wedded life."

"An obedient wife commands her husband."

"A good wife and health, are a man's best wealth."

"A bad husband cannot be a good man."

"A mind content, both crown and kingdom is."

"A contented mind is a blessing kind,
And a merry heart is a purse well lined."—*La Poupee.*

A MODERN MIRACLE.

Dying Girl Recalled to Life, Health, Strength, and Happiness by Mother Seigel's Syrup.

Fourteen Years of almost Incredible Suffering ended by this Supreme Remedy.

Words of Warning and Hope.

THE fact that indigestion can **kill,** *that it can sap the vitality of its victims and poison the very well-springs of life, is one that cannot be too often or too strongly stated. Without a sound digestion health is utterly, hopelessly impossible, and where it is unsound it must be seen to at once if life is to continue as a blessing and not a curse; for indigestion, neglected, can lead on to the deadliest of diseases, and make existence itself a burden too great to be borne. And surely no greater proof of this assertion could be presented than the story of suffering revealed in the following statement, made and attested by Miss Hummerstone, of Ipswich, and equally surely no greater proof of the absolute supremacy and unfailing certainty of Mother Seigel's Syrup as a remedy for this most insidious, malignant and relentless of diseases could be asked for than is given in this same story. Let those who suffer from it lightly read and be warned; let those who suffer from it severely read and take hope. Here is*

THE SWORN TESTIMONY.

"I, Helen Hummerstone, of 3, Great Gipping St., Ipswich,

in the county of Suffolk, do solemnly and sincerely declare as follows :—

"That I feel in duty bound to testify to what I consider the almost miraculous curative powers of Mother Seigel's Syrup, inasmuch as that great medicine restored me to perfect health and vigour after fourteen years of suffering, when I was a dwarf, a cripple, and almost an imbecile. At least a dozen different doctors, all eminent men, tried at various times to relieve me, and each in turn utterly, hopelessly failed, yet this marvellous medicine not only cured me absolutely, but renewed my growth, though then twenty-one years old, and made of me what I am to-day, a normal healthy woman. I had been pronounced incurable, and actually within a fortnight of death, and now, six years later, I am in the very flower of health and strength, thanks entirely to Mother Seigel's Syrup.

HER CHILDHOOD BLIGHTED.

"My illness began in childhood. I was taken ill in the street one day when only seven years of age, and had to be carried home. I was shaking as with ague and deathly cold, though it was June. For fourteen years from that time I was never well, and the suffering I endured is past my power to describe. I was always tired, always cold, and generally in pain. During the summer months I would crawl out into the sunshine, but when winter came I had to keep to bed. Again and again I was an out-patient at the hospital, and at various times was in the care of at least a dozen doctors, but I got no better. One doctor said I had heart disease, another said I was consumptive, and yet another that I had not a sound organ in my body. I certainly suffered very much with my heart. I dared not exert myself in the least ; if I only walked across the room I had to gasp for breath.

THE ROOT OF THE TROUBLE.

"I had no appetite, and was afraid to eat because of the awful suffering I had to endure afterwards. I have gone for days with hardly a morsel of food on my stomach, and I wasted away to a little skeleton. I had violent pains in my head, and

my limbs all ached; indeed my whole body was in pain, and I never knew what it was to have a good night's rest. Sometimes my arms and legs would swell up to twice their natural size, sometimes my face, and I was so constipated that I have gone eleven days without relief.

"Just before I was fourteen I was admitted to the hospital as an in-patient. I was too ill to be treated outside. When I had been there about a month a tumour broke on my brain, so they said, and I was thought to be dying. My parents were sent for, and for nine days I was in such a critical state that one or other of them was always with me. I was quite unconscious, sometimes in strong convulsions, and when at last I was able to open my eyes I was blind.

DOCTORS GREW INTERESTED.

"The doctors put blisters at the back of my ears, I had my hair cut off, and there I lay on a water-pillow with an ice-bag on my head, suffering agonies. My case excited great interest among the doctors, even the army surgeon coming to see me, and not one of them thought I could possibly recover.

"However I did get well enough after four months to be taken home, but I was almost an imbecile. My memory was nearly gone; I knew my father and mother, but sisters and brothers I knew nothing about. The very words had no meaning for me; I did not know what sister or brother meant. I did not even know what the objects I saw in the street were, and

would point to houses, to horses and carts, and so on, asking what they were for. In fact I had to begin again like a little child to get a knowledge of the world. For years after that I was subject to queer hallucinations. Vivid pictures would rise before me, and they were most real while they lasted.

CRIPPLED.

"When I was eighteen the trouble, whatever it was, seemed to settle in my legs, and the agony I underwent at this time was intense. I have lain screaming with pain, till sometimes neighbours have come to see what was wrong. My legs seemed to twist from the knee, and for sixteen months I was never without a splint; once my leg was put in plaster. I was then in my twentieth year, no bigger than a child of twelve, and practically a cripple. I could not cross the room without holding on to the furniture. They used to call me 'Hoppy' for fun, sometimes 'Dot,' because I was so tiny.

"It was when I was turned twenty-one that my father decided to try what Mother Seigel's Syrup would do for me. I had been to hospital with a new ticket, but they would not take me in. The hospital was not for incurables, the doctor said.

ONLY A FORTNIGHT TO LIVE.

"He told my father they had done all that could be done, and that I would not trouble him more than a fortnight longer. I was feeble to helplessness at this time, and had gone blind again from sheer weakness. However, I began taking the Syrup and almost immediately improved. In two weeks I was able to walk across the room, and in three months I could do without my splint. I shall never forget how overjoyed I felt when I was able to go to Felixstowe for a day. I had never before had any pleasure. People had been kind, but still mine had been a life of misery. Often I had wished I might die and be done with it all. It was very different now. I took altogether eight small bottles of Mother Seigel's Syrup, and after all those years of suffering it gave me sound vigorous health, such as I had never dared to hope for. And not only that: it re-started my growth, and now I am rather above than below the average height.

SIX YEARS LATER—THE FLOWER OF HEALTH.

"Six years have passed, and I am so strong and well that I can walk for miles, and never tire, or do a day's housework with anybody. My digestion is sound and my whole system regular. If anyone doubts the truth of this statement let them write to me; there are many, many people in Ipswich who will bear out all I have said.

"To Messrs. A. J. White, Ltd., I give full permission to publish my statement in any way.

"And I make this solemn declaration, conscientiously believing the same to be true, by virtue of the Statutory Declarations Act of 1835 (Wm. IV., c. 62)."

"Declared at Ipswich, in the County of Suffolk, this 11th day of July, 1906, before me,
(Signed)
J. B. Cullingham,
a Commissioner for Oaths."

(Signed)
HELEN HUMMERSTONE.

INDEPENDENT TESTIMONY.

Miss Hummerstone's statement is corroborated by three independent and altogether disinterested persons, who have nothing whatever to gain by coming forward; but who, knowing the story to be true in every detail, are actuated, like Miss Hummerstone herself, by a desire to benefit humanity. They have seen what Mother Seigel's Syrup can do, and they wish to tell all who suffer what a wonderful medicine it is. This is their only motive, the sympathy with suffering that springs from kindly hearts. Here are their letters:—

A PITY TO SEE HER ABOUT.

"I can remember Miss Helen Hummerstone being ill for years; and she did suffer, poor girl! It was a pity to see her about, so thin and weak and crippled. She was always going to hospital, but she got no better till she took Mother Seigel's

Syrup. That made a fine strong young woman of her. We all look upon her cure as little short of a miracle."

(Signed) Mrs. H. Sherman,
4, Great Gipping Street,
July 10*th*, 1906. Ipswich.

"— IF SHE LIVED AT ALL."

"I have known Miss Helen Hummerstone all her life, and can vouch for the truth of her statement that Mother Seigel's Syrup restored her to sound health after fourteen years of suffering. I certainly never thought she would be other than a cripple—if she lived at all."

(Signed) Mrs. Culley,
14, Tanners Lane,
July 10*th*, 1906. Ipswich.

"SUCH A PUNY, AILING LITTLE THING."

"I have known the Hummerstones for years. Their daughter Nellie used to be such a puny, ailing little thing that I'm sure nobody ever expected her to live. Indeed it was a surprise to us how she dragged on at all. She was always at hospital, and at one time was so bad that she lost all sense of what she was, or what anything was; and she went quite blind from weakness.

"Now she is a strong, healthy young woman, and I know that it is Mother Seigel's Syrup alone she has to thank for it."

(Signed) Mrs. Potkins,
13, Handford Road,
July 10*th*, 1906. Ipswich.

THE MORAL OF IT ALL.

*Without the weight of a sworn declaration, and the added testimony of independent witnesses which we have quoted, this story would be too incredible to put before the public. Mother Seigel's Syrup does not and cannot under ordinary circumstances cure the blind, the lame, the dwarfed or the imbecile. But—**it can and does cure indigestion.** And when we examine this case we find that indigestion, and indigestion alone was the root cause of all that Miss Hummerstone suffered. It starved her system in childhood, and the necessary nourishment for brain, bone and muscle being wanting,*

her young frame could not grow. The constipation which followed poisoned her blood, causing endless suffering which ended in the tumour on the brain. This was the immediate cause of her blindness and loss of memory. Her lameness was also due to want of nutriment and to poisonous matter in the blood. When Mother Seigel's Syrup restored her digestion to natural activity the trouble righted itself. And so it ever is. Digestion is the bed-rock of health, the foundation on which your very life is built; keep it active by taking Mother Seigel's Syrup when necessary, and health must follow as sunshine follows storm. "Great oaks from little acorns grow," and painful, deadly diseases take their rise in neglected indigestion. This is the moral of Miss Hummerstone's story.

CONSTIPATION: WHAT IT MEANS.

WHEN the intestines have extracted from the food already digested and prepared by stomach and liver all that is of value as nutriment to the system, the refuse or ash of the human food-fuel passes on and is discharged. When from any cause this action fails to take place, the result is constipation, a common but also very dangerous complaint. It is dangerous

in a double way. In the first place the strain caused by constipation frequently induces piles, and may even lead to inflammation of the bowels. In the second place, deleterious matter is absorbed into the blood : for it must never be forgotten that the walls of the intestines are absorptive, a kind of living blotting paper so to speak, and as long as stagnant matter remains in the intestines, that absorption goes on. Thus the waste products of digestion which should be discharged without delay pass into the blood to poison and corrupt. All the consequences of foul blood follow—pimples, blotches, eruptions, eczema, &c., &c.

Mother Seigel's Syrup renders constipation impossible, and thus keeps the blood pure and the system healthy.

SOME SIMPLE MISTAKES.

And a Glance at the Misfortunes that they Lead up to.

IT is quite likely that fully one-half of all the mistakes, the blunders that occur among mankind are the result of absolute thoughtlessness — pure, simple carelessness — the neglect to give any thought whatever to the matter which is the subject of the error. And the other half of the world's mistakes may be set down to ignorance, lack of information, misjudgment.

Many of these mistakes, from whatever cause they spring, have the most disastrous effects, matters of life and death or of years of disease, pain, suffering, disablement and loss of money, property or earnings.

For example, a person begins to have a cough. At first it is slight, dry, hacking, but after a while he expectorates a little, there is a pain in the chest and side, shortness of breath, and the patient's friends think he is going into a decline with consumption. A doctor is consulted, and the patient is treated for consumption of the lungs. Now, the symptoms of consumption are also the symptoms of indigestion and dyspepsia. There is the cough, the pains in the chest and side, the feeling

of fatigue and languor, the increasing weakness, occasional night sweats, the variable appetite, etc. All these may appear without any disease of the lungs whatever, and in nine cases out of ten the trouble is with the digestive organs only. And because of these misleading symptoms thousands of persons die of indigestion and dyspepsia who might have been cured if they had been treated for that instead of for consumption, a disease they did not have.

The same blunder is constantly made in regard to heart disease, and liver and kidney complaints. These arise at the outset from indigestion and dyspepsia, and the symptoms are almost identical. But the attempt to cure them as separate and distinct diseases nearly always fails. The only safe way is to set right the digestion with Mother Seigel's Curative Syrup, when the local trouble will soon disappear. Strike at the root, remove the cause, that is the true method, and the success of Mother Seigel's Curative Syrup in curing numberless cases of this kind proves the value of the remedy.

By observing the symptoms of stomach and bowel disorders carefully, you may avoid these mistakes. The symptoms are: A feeling of distress after eating, with heaviness and deadness of the stomach; sickness and nausea; pains in the head, chest, sides, and back, sometimes shifting from place to

place; bad taste in the mouth, and rising of offensive gases; costiveness and irregularity of the bowels; yellow colour of the eyes and skin; cold hands and feet; palpitation and heartburn; variable appetite, sometimes hungry and then loathing the very thought of food; sick headaches; ringing in the ears; spots before the eyes; flushes of heat across the body; difficulty in passing the urine, which is often of a high colour, and leaves a sediment on standing; trouble of mind and vague fears for the future without being able to give a reason; restlessness, "the fidgets," poor sleep, unpleasant dreams; desire to avoid company; loss of ambition and dislike for work; a tired and weary feeling that is not relieved by rest; dry and scurfy skin; aching of the arms and legs, and soreness of the muscles.

Whether you have one or many of the above-named symptoms you may recognise indigestion and dyspepsia, and should arrest its progress at once by taking Mother Seigel's Curative Syrup.

CAN SING IN THE MORNING.

Mr. Pert Gives Credit to Mother Seigel's Syrup for the Health of His Family.

MR. JOHN PERT, baker and grocer, of Spital, near, Windsor, is as fine a specimen of a man in his prime as one could wish to see, and his wife is just as healthy and cheery as himself. Both are loud in praise of Mother Seigel's Syrup, and declare that they and their whole family are a credit to this great medicine. Writing on July 18th, 1906, Mr. Pert tells what the Syrup has done for him and his, in the following statement:—

"For over twenty years," he says, "Mother Seigel's Syrup has been our family medicine, indeed our only medicine, and I am sure it has saved us many a doctor's bill. My wife often declares she feels sure she would not be alive now but for it. When I first began taking the Syrup I was terribly troubled

with indigestion and bilious attacks. My food disagreed with me, and I always felt sick after eating; while quantities of fluid would rise in my throat and make me still more sick. I was much troubled with wind and headache, and sometimes the pain and drawn tightness across my chest would make me bend nearly double. I positively could not stand straight. Often there was pain in my back too.

"I had been like this for a long time, getting no relief from anything, when Mother Seigel's Syrup was recommended to me, and I began taking it. The result was that I was speedily cured, and the complaint has never troubled me since. I shall never let it trouble me while this grand medicine is to be had.

"My wife suffered mostly from dizziness and headache, with sometimes spots dancing before her eyes. She would get up with a bad taste in her mouth, a furred tongue, and no appetite for breakfast. Then would follow sick headache and a dizzy reeling sensation, till she could hardly stand. But that is all changed now. Mother Seigel's Syrup is always in the house, and if either of us feels the least out of sorts we take a dose, and that is the end of it.

"We have given it to the children too, and they are as well and strong as children could be. Indeed, all through our married life we have used no other medicine, and there has never been a doctor in the house, except when our children were born, and once last Christmas when I had the misfortune to be thrown from my trap and have my shoulder broken. Here again I took Mother Seigel's Syrup as a restorative, and the doctor, when I told him, had nothing but praise for it. It was the same with the nurse.

"Now I am in splendid health, as we all are. I always say that if I take a dose of the Syrup at night I can sing when I get up in the morning. Our whole family are a credit to Mother Seigel's Syrup."

The secret of health is sound digestion, and this Mother Seigel's Syrup will assuredly give you. Keep it by you, like Mr. and Mrs. Pert, and take it when you feel run down. Like them, you will feel well and cheerful, and married life will be "roses, roses all the way."

Instead of Sleep—Agony!

Misery that Lasted for Years, ended by Mother Seigel's Syrup. The Torture of Indigestion.

THE strain which nature puts upon the delicate organisation of woman is sometimes too great to be borne, and the system then breaks down. It was so with Mrs. Mary Hayes, 57, Glenavon Road, Romford Road, Stratford, London, E.; the result was years of misery for her. But Mother Seigel's Syrup restored her to such health as she had never before known, and in gratitude for that deliverance she sends us the following testimony, in a statement dated July 19th, 1906:—

"For many years," she says, "my life was a misery because of indigestion, and only Mother Seigel's Syrup gave me any relief. It cured me completely, when all else had failed. It was after a premature birth that my trouble first came on. My health was quite broken, I had no appetite worth speaking of, and what I did eat, instead of nourishing me, caused intense pain at the stomach, and seemed to all turn to wind. I suffered constantly from the most severe headaches, and there was always a dull pain down my back. At night I

could not sleep, and used to lie tossing in positive agony. Sometimes during the day a dizzy feeling would come over me, as if everything were spinning round; and I was a martyr to obstinate constipation.

"I lost flesh rapidly, and fell away to a mere shadow, so weak that I could hardly drag through the day. Naturally I grew despondent and low-spirited, for nothing relieved me, and even the doctor seemed powerless to do me good.

"But when things were at their worst a friend advised Mother Seigel's Syrup, and I got some. After the first bottle I felt much better. The headaches were less frequent, and I felt brighter in spirits. I continued to use the Syrup, and I am thankful to say that I was soon completely restored to health. I feel better now than ever before in all my life."

Here you can see how Mother Seigel's Syrup, by curing indigestion, enables you to draw nourishment from your food. Not only is the body then built up again, but the famished nervous system is also restored to a healthy condition. Despondency vanishes, you feel bright and cheerful, and the glow of health tingles in your veins. Don't wait till other medicines fail! Try Mother Seigel's Syrup at the beginning!

ONE OF THE HEROES.

Crimean Veteran tells His Story.—After Braving Shot and Shell he was Struck Down in Old Age by Indigestion.

MOTHER SEIGEL'S SYRUP SAVED HIM.

FOR dogged tenacity of purpose and tireless endurance, the siege of Sebastopol will always stand out in the history of the world as a great achievement. And of the men who took part in it, heroes all, "when can their glory fade?" They are deserving of all honour, and of a nation's gratitude.

Mr. CORNELIUS SIMMONDS, of 7, Hancocks Cottages, Common

Side, East Mitcham, London, S.E., is a Crimean veteran. Though 74 years old, he is still bright and active, and can tell thrilling stories of the old fearless days of the fighting fifties. Entering the Service at seventeen, he went through the entire Crimean campaign, where he was several times wounded. Once a bursting shell struck him on the head. Not long afterwards he received a bad sword cut. Again, a ball entered his back, ploughed under his spine, and came out on the other side without touching the bone. For twenty months he was in the trenches before Sebastopol, and took part in the final assault and capture of that great stronghold.

But he has survived it all, and until two years ago enjoyed

fairly good health. About that time he was struck down with indigestion. Mother Seigel's Syrup soon restored him to health, and now he is as well as ever again. His wife too has derived great benefit from the Syrup. The following testimonial was given by Mr. Simmonds on July 23rd, 1906 :—

"My wife and I," he says, "would like you to know what a lot of good Mother Seigel's Syrup has done us both, and we hope that others who suffer from indigestion will take our advice and try your grand medicine. It is splendid.

"Some time ago I was taken with a very bad attack of this nasty complaint. I used to feel hungry enough when meal times came round, but as soon as I had swallowed two or three

mouthfuls all appetite left me, and I could not eat another morsel. I felt full up and sick, as if I had gorged myself, and I'm sure I am no glutton. Then the pain would start—in my stomach, in my chest, it was all round my body. I was terribly bothered with wind too, and sometimes clear water would stream out of my mouth. It formed so fast that I could not hold it; it just ran like a stream.

"As time went on I got weaker and weaker, for I was having hardly anything to eat, and though I had a doctor attending me, he somehow did not seem to find the right medicine, for I got no better under his treatment. At last I was so weak that I had to take to bed, and there I lay, month after month, till my wife began to think that I should never do any more good. But when I had been in bed nearly nine months I thought of Mother Seigel's Syrup. I had taken it before many a time, and it had always done me good, so I thought I would try it again. Well, when I was taking my second bottle I began to feel better. The pain and sickness left me, and I grew stronger. I got up then and used to hobble about with a crutch. But that was not for long; the Syrup made me eat, and I was soon strong enough to do without the crutch. Now, a year after, I am in grand health, though 74 years of age.

"My wife takes the Syrup too, and so does my daughter, and it does us all good. It is a grand medicine."

This is the plain statement of an old soldier, free from gloss or exaggeration of any kind, and a plain example of the power of Mother Seigel's Syrup over indigestion.

For Every Home in England.

What a London Woman says in Praise of Mother Seigel's Syrup and its Cures.

MOTHER SEIGEL'S SYRUP is the ideal Family Medicine. It cures promptly and thoroughly the every-day ailments of the household—the headaches, loss of appetite and languor—and in so doing prevents the many dangerous diseases which come from neglect of these early symptoms.

Mrs. K. MATTOCKS, 25, Haven Lane, Ealing, London, W., is a lady who knows the value of the Syrup in this direction, and in gratitude for the good it has done her and her family sends us the following testimonial that others may know and value it too. Her statement, dated July 20th, 1906, is as follows:—"I have used Mother Seigel's Syrup for ten years now, as a family medicine, and I wouldn't be without it on any account. If people only knew its value, as I do, it would be in every home in England.

"I used to suffer dreadfully from indigestion. I lost all appetite for food, and there was always a nasty taste in my mouth. When I did force myself to eat something I was certain to be tortured afterwards with pain at the stomach and quantities of wind. This wind used to press up around my heart, and cause, oh, such a sinking, fainting feeling, as if all the life were going out of me. I suffered terribly from headaches, with sometimes a dizzy whirling sensation, and there was nearly always a pain in my back, between the shoulders.

"Month after month this went on, and I felt quite weak and run down. Nothing relieved me, and though I consulted a doctor, and took his medicine for a while, it made no difference. At last I got a bottle of Mother Seigel's Syrup, and that was the first thing to do me any good. The effect was almost immediate All the pain went away and my appetite returned. By the time

I had finished that one bottle I was almost well ; but, of course, I got more of the Syrup, and continued until I was quite well. Since then I have never been without the Syrup in the house. I give it to all my family, and it never fails to make us all bright and well.

"Only the other day one of my daughters was out of sorts. She could not eat, everything tasted alike, she said, and she felt generally out of condition. Of course Mother Seigel's Syrup was at once produced, and now she is alright again.

"I tell all I know what a splendid medicine it is, and it is in order that I may tell everybody that I am sending you this testimonial."

You who read this testimony have only to try Mother Seigel's Syrup, and you will be grateful to Mrs. Mattocks for her advice.

GOOD DONE IN YEARS PAST.

An Old Lady Praises Mother Seigel's Syrup.—Says it Always Sets Her Up Now.

TO have reached one's seventy-sixth year, and to still retain an active interest in life, and a capacity to enjoy the pleasures it affords, are certain indications of a sound healthy constitution. This is the happy state of Mrs. CAROLINE SHEFFIELD, a cheery, intelligent old lady who lives at Leighton Road, Ivinghoe-Aston, near Tring, Herts. She can still attend to her own housework, and she can go out and about as well as many who are still young. This she says is because Mother Seigel's Syrup gave her good health in years past, and has kept her well ever since. In her story, set forth in a statement dated July 17th, 1906, she says :—

"I always praise Mother Seigel's Syrup, and I am glad to be able to tell you what a lot of good it has done me in years past. I am an old woman now, but I enjoy good health, and it is all due to your fine medicine.

"I used to suffer very much with indigestion. I had no appetite, and when I did eat I always suffered afterwards. I had terrible pains across my body, and in my head, and nothing that I could do relieved me in the least. I became so weak that when I went out I used to have to hold on to the palings by the roadside. Then my legs began to swell, till often they were twice their natural size, and if I pressed them with my finger it left a mark. I was troubled with my kidneys at this time, and had sharp pains across my back.

"The doctor gave me medicine, but it did not seem to touch the real complaint, so having heard a lot about Mother Seigel's Syrup I made up my mind to give it a trial. It soon did me good. The pains left me, and I began to eat again with enjoyment. The swelling in my legs went down, and in a very short time I was quite well again.

"I have always kept the Syrup in the house since then, and when I think I need it I take a dose. It never fails to set me up."

If you would attain to a healthy, cheerful old age attend to your digestive system. Keep your stomach, liver, bowels and kidneys active by taking a course of Mother Seigel's Syrup when over-work, worry or unhealthy surroundings have weakened your constitution. Never forget that digestion is the foundation of health—that it *is* health!

A WORD TO WOMEN.

WOMEN, young and old, owing to their delicate and peculiar organisation, are subject to disorders which affect only their sex, and they need specific remedies and treatment. Popular as Mother Seigel's Syrup is with both sexes for the various ills common to them, it is the women who speak of it in terms of warmest praise—and with good reason. It seems especially adapted to the troubles which are distinctively and peculiarly theirs.

At the critical period of life they derive from its use a degree of relief and benefit not obtained from any other medicine.

The sense of pressure on the brain which makes the head feel as if it would burst, is quickly abated by a few doses of the Syrup.

The melancholy and profound depression of spirits, which develop sometimes into acute mania, and not infrequently end in self-destruction, give place to a wholesome and natural cheerfulness under its influence.

It dispels those conditions of the blood which cause the tendency to cancer, tumour, and other morbid growths.

It prevents the formation of varicose veins and other evils of a clogged and corrupt circulation.

It removes that sensation of bloating, warms and stimulates the stomach, and takes away the feeling of coldness and insensibility from the hands and feet caused by excess of blood in the head.

It cures also the trembling of the limbs.

By thus equalising the flow of the blood, Mother Seigel's Syrup does away with the hot flushes followed by chills, and creates a genial and even warmth and sense of comfort throughout the system. As a remedy for the habitual costiveness which is so common at this period, the Syrup excels all other preparations. It moves the bowels gently, and keeps them free and natural. By so doing it also stops heart palpitation, nervousness and weakness.

In short, this most excellent medicine meets every requirement of the crucial epoch of woman's life as nothing else does.

NO REAL REST.

Young Married Woman tells how she suffered from Stomach Pains, Headache and Loss of Sleep.

THE weakening effect of indigestion is well shown in the following story from Mrs. ELLEN PURSER, a young married woman of 9, Queen Street, Stony Stratford, Bucks. When you cannot digest your food your strength must fail, just as it would fail if you refrained from eating—like the fasting men who starve themselves in sensational fashion to earn a living—because properly digested food is the only possible source of human strength. If, in addition to this, pain and wind keep you from sleeping, you are certain to become weak and run-down. This was the condition of Mrs. Purser, until Mother Seigel's Syrup made an end of the trouble and restored her to the perfect health she now enjoys. Writing on July 16th, 1906, she says :—

"I am pleased to tell you that Mother Seigel's Syrup has

quite cured me of indigestion, though the doctor could do nothing to help me. Between two and three years ago I first began to feel out of sorts. I lost appetite, and after eating I had a feeling of discomfort. This grew worse, till food caused me actual pain. I was much troubled with wind and headache, and felt dreadfully run-down and weak. Indeed, I became so feeble latterly that I could hardly get about at all. My sleep was very broken, and I could get no real rest, night nor day. Sometimes I was badly constipated, too. I kept trying all sorts of things recommended to me, but I got no better. I was still under the doctor's care, but his medicine did not seem to touch my complaint.

"I had been suffering for two years, and was very thin and weak when I made up my mind to try Mother Seigel's Syrup. Well, after the first bottle I felt better, so I continued, and I am glad to say that I steadily improved. All the pain left me, my appetite returned, and after only four bottles I was as well as ever. That is seven or eight months ago now, and I am still in the best of health. I tell everybody what a splendid medicine Mother Seigel's Syrup is, and I am quite pleased to be able to write you this letter."

Mrs. Purser is now bright, strong and cheerful; she can spend a whole day in her garden gathering fruit and never feel tired; and the credit for this she declares is all due to Mother Seigel's Syrup.

DISEASES OF THE LIVER.

A PERSON in health does not know he has such a thing as a liver, but when the system gives way to the ravages of disease he is made sensible that he really has a liver. After one has spent a couple of years in the tropics *he knows there is a liver*, generally to his sorrow, for this organ is the mainspring of the human organisation. When the liver becomes disordered and diseased, the person so afflicted is indeed miserable. He suffers from dull pains in the side, bad taste in the mouth, spots before the eyes, flushes of heat, irregularity of the bowels, piles, coated tongue, disordered stomach, heartburn, costiveness, and

pain in the head. He frequently has a dry cough, high-coloured urine, yellow skin, and dull, sleepy sensations, rendering him unfit for business or for employment. The hands and feet are cold, circulation of the blood sluggish, the patient suffers with vertigo, ringing in the ears, loss of appetite, nausea, and sick headache, dry scurfy skin, etc.

Mother Seigel's Curative Syrup acts moderately upon the bowels, producing healthy natural action, and that without purging or griping. The liver being made active secretes healthy bile, and expels impurities from the blood by the use of this wonderful regulator and invigorator, and all the disagreeable and painful sensations above mentioned are one by one removed as the blood is cleansed and renewed. The skin loses its sallow appearance, and the bloom of health and beauty takes the place of the haggard look and pallid hue of disease. A dose of Mother Seigel's Curative Syrup, taken at night on going to bed, will, in a short time, prove its purifying and cleansing properties by bringing brilliancy to the eye, bloom to the complexion, and vigour to the whole body. A few doses of Seigel's Operating Pills will aid in affecting a cure.

A Man Built Up Again.

After His System had been Broken Down by Rheumatic Fever and Indigestion.

THE wonderful restorative effect of Mother Seigel's Syrup is clearly made known in the following statement from Mr. GEORGE CARRETT, of 2, Wood's Cottages, North Street, Tunbridge Wells. A severe attack of rheumatic fever left him almost a physical wreck, but when after years of suffering he turned to this great healer he found at last the health he had so long and vainly sought elsewhere. Here is his letter, dated April 5th, 1906.

"Some years ago I had a bad attack of rheumatic fever, and this left me with a weak heart, and a broken constitution. The least exertion would bring on palpitation, and a singing in my head that made me quite helpless while it lasted. My digestion,

too, was all out of order ; I had a bad taste in my mouth, and after eating there was pain at my stomach, and much wind. I had no appetite worth speaking of, and I ate very little, knowing how I should have to suffer afterwards. As a result I lost strength, and became quite thin and weak. Often I had to give up my work for a time, and rest at home.

" For years this went on, nothing doing me any good until, in the end, I got a bottle of Mother Seigel's Syrup. That I soon found was the right medicine at last. It quite rid me of indigestion, and I gained strength ; my heart ceased to flutter as it had done, and so I went on improving till soon I was quite well again. Just before last Christmas, I may mention, a troublesome rash broke out on my face, but a few doses of the Syrup cleared it away entirely. I always keep Mother Seigel's Syrup by me now."

The only means of restoring a shattered constitution is by building it up again, through the digestive system. This must be stimulated to healthy activity that it may be enabled to extract the nutriment contained in the food swallowed. When this is done rich blood, full of energy, must result, and the enfeebled constitution will be restored to health and vigour. Mother Seigel's Syrup does this, and that is why it is such a powerful restorative.

THE VILLAGE BLACKSMITH

Attests the Value of Mother Seigel's Syrup.

He says, "It does us all good."

MR. ALBERT TILL is the village blacksmith of Royal Oak, near Marden, Kent. He is known and respected for miles around, and though now advanced in years, with a grown family about him, it may still be said, in the words of Longfellow, that

"THE SMITH A MIGHTY MAN IS HE."

For this modern Tubal Cain is sound in health, and his strength and spirit equal to those of many a younger man. And that this is due in great measure to Mother Seigel's Syrup he freely declares, in a statement dated April 3rd, 1906.

"I most gladly testify," he says, "to the value of Mother Seigel's Syrup; it has been our family medicine for years, and we have all benefited by its use. Perhaps my wife has derived most good from it, however. Some years ago she used to suffer terribly from biliousness and indigestion. She had always pains in her back between the shoulders, and in her stomach, too. She suffered much from wind and bad headaches, and was quite run down and all out of sorts. The medicine given her by the doctor who attended her did not benefit her in the least, so at last she gave up taking it altogether, and got some Mother Seigel's Syrup instead. That soon made her feel better. It was surprising how rapidly she improved. Very soon she was as well as ever, and since then we have never been without it in the house.

"I too have taken the Syrup, and so have all my family; and as I have said, it does us all good. I think it is the best family medicine anyone could have, and I always recommend it."

By constant recommendations from one to another the fame of Mother Seigel's Syrup has been carried around the world.

Bladder and Kidney Troubles.

WHEN the system is in a healthy state the various salts of the body are dissolved and carried off by the water passages, but when there is a weakness in the urinary organs or acidity of the blood, insoluble particles are deposited in the bladder, kidneys, and urethra, and keep growing in size by continued fresh accretions until they sometimes form substances varying in size from that of a bean or pea to that of an egg. These troubles and obstructions are known as "stone" and "gravel," and language fails to describe the sufferings of people afflicted by them.

Pain in the small of the back, hips, and thighs; heat and inflammation; desire to make water without being able to do so; and burning, smarting agonies which render life a burden and death a relief. Sometimes the particles of gravel are so sharp and cutting that they tear the sides of the passages, and then blood flows from them. Sometimes the bladder and kidneys are filled with slime and cannot perform their duty.

The water channels should always be kept free and open. When there is the least disposition to an accumulation of gravel it should be immediately dissolved and made to pass off. Mother Seigel's Curative Syrup does this, and also cleanses the kidneys, bladder, and water passages, and gives strength to the organs and endurance to perform all the labours required of them in carrying off the watery portions of the food after all the nourishment it contained has entered into the blood, and gone to repair the daily waste of the system.

RHEUMATISM AND GOUT.

NO one who has suffered from rheumatism needs to be told what a painful and crippling thing it is. In treating it we must bear in mind that rheumatism is an inflammation of the joints and muscles, caused by a deposit in them of a poison from the blood, called uric acid. You know that in a crooked river or stream the loose stuff that floats on the water is always apt to lodge in the bends and eddies where the current is slow. It is the same way in this case. The blood flows much slower in the joints than it does elsewhere in the body, and so the floating acid poison settles there, and causes rheumatism or gout.

In the beginning rheumatism is only due to indigestion, for if the stomach and other digestive organs do their duty there will never be any poison in the blood to sow the seeds of rheumatism. The mode of cure is then easy to see. We must cure the indigestion—*of which rheumatism is only a symptom*—and thus get rid of our rheumatic aches, pains, and stiffness. Liniments, embrocations, and poultices do no *lasting* good. They give ease and comfort for an hour or two, but cannot cure.

Mother Seigel's Curative Syrup removes the deposits from the joints and muscles, promotes the secretion of the natural fluids, and keeps fresh poison from forming. Many a poor rheumatic, after a faithful use of this great healer and cleanser, has been able to leave his bed, or throw aside his crutches and once more move erect and freely as Nature intended him to do.

MOTHER SEIGEL'S SOOTHING PLASTERS.

THESE Plasters are soothing, healing, and stimulating. Their medicinal properties are absorbed by the skin, and thus become diffused through the entire system. They are flexible and porous, thus fitting closely to the part where applied, and allowing the humours withdrawn from the body to escape. Better than salves, liniments, and embrocations, and cheaper beyond comparison.

MOTHER SEIGEL'S PILLS.

UNLIKE many kind of cathartic medicines, these Pills do not make you feel worse before you feel better. Their operation is gentle but thorough, and unattended with disagreeable effects, such as nausea, griping pains, &c.

Mother Seigel's Operating Pills are the best family physic that has ever been discovered. They cleanse the bowels from all irritating substances, and leave them in a healthy condition. They cure costiveness.

Mother Seigel's Operating Pills prevent ill effects from excess in eating or drinking. A good dose at bedtime renders a person fit for business or labour in the morning.

The pills, being sugar-coated, are pleasant to take; the disagreeable taste common to most pills is obviated.

When the tongue is coated, the head heavy and aching, an offensive taste in the mouth, the appetite poor, and the spirits dull, a dose of these Pills speedily changes this miserable state of things, and supplants it by the exact opposite. They are far in advance of any other for the relief of those ailments for which Pills are specially adapted.

MOTHER SEIGEL'S OINTMENT.

EVERY family requires some kind of Ointment to be kept in the house, to be used in cases of burns, scalds, sores, bruises, etc., for such accidents usually occur when least expected. In order that every housewife may provide for accidents of this kind, we have made Mother Seigel's Ointment, which will be found invaluable in such cases. This Ointment also acts both soothingly and curatively in all cases of hæmorrhoids, or piles, and should be used in conjunction with Mother Seigel's Syrup.

"The Only Sure Cure."

What a Young Lady says of Mother Seigel's Syrup.—Cured of Dyspepsia and Constipation.

WHAT would not thousands give to find a means of escape from the troubles that beset them? to know the "only sure cure?" Untold suffering would be avoided if instead of wasting time and money in fruitless search, they could put their hands upon the one certain remedy and say "Here it is."

Miss ANNIE BROWN, a young lady residing at Wood Lane, Bramdean, near Alresford, Hants., writing on April 6th, 1906, says:—

"In my experience Mother Seigel's Syrup is the only sure cure for indigestion. It completely cured me of that dreadful complaint when every other means had failed. All my life I had been subject to indigestion. I had always a bad taste in my mouth, and a feeling of oppression after eating. This grew worse till I was

In almost Constant Pain.

Before I had swallowed two mouthfuls, so to speak, the pain used to come on and I could eat no more. I was terribly troubled with wind, and frequently had violent headaches. Another thing that troubled me greatly was constipation. This was a constant affliction, and though I took all sorts of pills none of them did me any real good. Sometimes I put myself in the doctor's care, but he, too, failed to relieve me.

More than had been said of it.

"At last, however, I was advised to try Mother Seigel's Syrup, and I soon found that it was all and more than had been said of it. It regulated my bowels and banished all my pain. It enabled me to eat without ill-effect, and I fast regained strength. Soon I was quite cured, and stronger than I had been for years. At present I am in the best of health."

Here is proof, and the sufferer who will but take Mother Seigel's Syrup conscientiously, according to directions, will endorse all that Miss Brown has said.

Mother Seigel's Cough Remedy.

A WORD about that cough. In the first place, it is disagreeable to you and to all you come in contact with; and it may soon be dangerous, if it is not so already. The mere physical violence done to the body by a cough is a source of danger. In a paroxysm of coughing you may rupture a blood-vessel. Every muscle and nerve is strained by a protracted cough, especially those of the chest, sides, back, and stomach, and the foundations of other ailments are thus laid in the weak spots.

People sometimes say, let a cough alone and it will get well itself. Such talk is very foolish, and thousands who have followed that sort of advice have seen the folly of it only when they were well on their way to the grave with bronchitis or consumption. Cure a cough as soon as you can—that is the common-sense of the matter—the only rational and safe course.

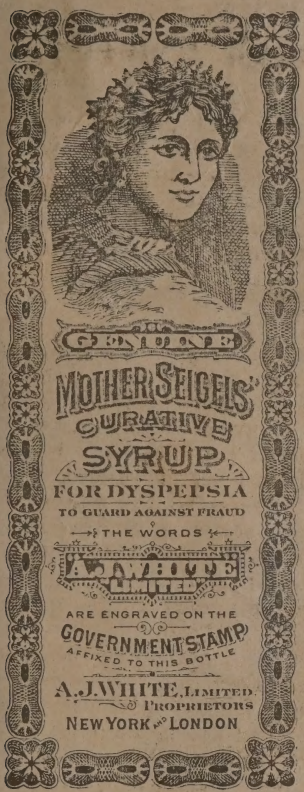
But *how* to cure?—that is the question. To do it we must subdue and remove the inflammation which causes that tickling sensation in the throat, which, in its turn, creates the cough. It is worse than useless to attempt this by the use of narcotics or sedatives, as these merely act on the nerves and leave the real trouble untouched.

Perhaps no preparation in the world equals Mother Seigel's Malt Cough Balsam in curing coughs, and certainly none excel it. A few doses will prove its efficacy. Unlike most so-called cough remedies, it does not derange and stupefy the stomach and bowels, which should be in a condition to assist the cure, not to retard it.

The Balsam quickly soothes the inflamed and irritated glands and membranes of the throat and mouth, thus alleviating all hoarseness, and giving rest and healthy action. No disease is so subtle and deceptive as a cough. While you are hoping to get better of it from day to day, it is fastening itself more firmly upon you, and extending its wasting operation towards the delicate tissues of the lungs. What that means let the records of consumption, in every country, testify.

Roberts & Leete, Ltd., Printers, London.

Directions for taking Mother Seigel's Curative Syrup.



DOSE.—FIFTEEN TO THIRTY DROPS two or three times a day in a wineglass of water immediately after eating.

NOTE.—Mother Seigel's Curative Syrup is put up in a very highly concentrated form, therefore the dose must be given in drops—one teaspoonful contains 60 drops. The dose is easily regulated, as one-quarter of a teaspoonful is 15 drops.

Commence by taking ten or fifteen drops three times a day instantly after eating in a little cold sweetened water. If this does not give relief, increase the dose to thirty drops, always to be taken instantly after eating, so that Mother Seigel's Curative Syrup may become mixed with the food while being digested. It is best not to take Mother Seigel's Curative Syrup on an empty stomach. It is essential that the bowels be made to move freely every day, and if the above doses of Syrup be not sufficient to effect this, take one to four of Mother Seigel's Operating Pills at bedtime. It is better to take the Pills than to increase the dose of Mother Seigel's Curative Syrup.

FOR WORMS IN CHILDREN.—Three to ten drops of the Syrup in milk, or milk and water, to be given with the child's regular food, and three times a day; for children under five years of age the smaller dose.

PRICES.

SYRUP	1/1½, 2/6 & 4/6 per bottle.
The 2/6 bottle contains 3 times as much as the 1/1½ size.	
PILLS	1/1½ per box.
PLASTERS	1/1½ each.
MALT COUGH BALSAM	1/1½ & 2/6 per bottle.
SEIGEL'S OINTMENT ..	1/1½ per box.

On sale by all Chemists and Patent Medicine Vendors. In case you cannot obtain the Remedies, we will forward them direct and post free on receipt of P.O.O. or stamps.

A. J. WHITE, Ltd., 35, 37, 39 & 43, Farringdon Road, London, E.C.

THERE IS NO SMOKE WITHOUT FIRE